I. Subjective Data

- A. May be provided to a woman with a history of unprotected intercourse within past 120 hours to prevent unintended pregnancy.
- B. May be purchased without a prescription by women or men **17 (seventeen) years** or older. Proof of age, such as a driver's license, must be presented by the person making the purchase.
- C. Women **16 (sixteen) years** and younger require a prescription and must sign a consent.
- D. Precautions There are no medical contraindications to the use of emergency contraceptive pills with the exception of pregnancy. If a woman is already pregnant, treatment is ineffective. (Hatcher, 2004)

II. Examination/Laboratory Testing

Urine pregnancy test, if indicated.

III. Assessment/Plan

A. The following outlines the pill dosing for hormonal emergency contraception:

BRAND NAME	NUMBER OF TABLETS FOR EACH DOSE (only one dose required)
Plan B (0.75 mg Levonorgestrel)	2 tablets at the same time
Next Choice (0.75 mg Levonorgestrel)	2 tablets at the same time
One Step (1.5 mg Levonorgestrel)	1 tablet

BRAND NAME	NUMBER OF TABLETS FOR EACH DOSE (2 doses, 12 hours apart are required)
Lo/Ovral, Nordette, Levlen	4 tablets
Alesse	5 tablets
Triphasil, (<u>yellow</u> pills only)	4 tablets
Ovral	2 tablets

B. Over-the-counter anti-nausea medication such as Dramamine/Bonamine may be recommended with use of combined hormonal options in the second table.

IV. Follow-Up

- A. Initiation of on-going contraception
 - 1. Combined hormonal contraception (pills, patch, or vaginal ring) or progesterone only pills (POPS) may be initiated the day after initiation of EC pills. Use condoms for 2 days.

- 2. Consideration may be given to administering Depo Provera within 24 hours of taking ECP (including at the visit if she is unable to return). Client must be counseled that since ECP is not 100% effective, pregnancy cannot be ruled out prior to injection. While there is no clear association with harmful fetal effects, the client should be informed that the manufacturer does not recommend administering Depo if pregnancy cannot be ruled out. Use condoms for 2 days.
- 3. IUD may be inserted as an alternative to EC pills. See IUD protocol.
- B. If the patient has not had any bleeding within three weeks of taking emergency contraception or has reason to suspect she may be pregnant, a urine pregnancy test should be done.

V. Education

- A. The Emergency Contraception (EC) Consent/Information form and Emergency Contraception Progress Note form must be reviewed with the patient to assure understanding prior to her signing and initialing the consent. For those clients ≥ 17 years of age, the consent form is not required. Consideration should be given to using the progress note as a means of documenting the client's need for emergency contraception. A record must be established for any client receiving a visit for emergency contraceptive services.
- B. Client should be counseled that Emergency Contraception should be used as an emergency measure and is not recommended as a regular method of birth control. Counseling and documentation should be done regarding regular use of a birth control method.
- C. The patient should be given a copy of the FDA package insert provided by the manufacturer of the pills.
- D. There should be documentation of patient instructions to return for a follow up visit in three weeks if she has no menstrual period or if she desires family planning services.
- E. The patient must be given emergency contact information.
- F. Prophylactic use Clinics are expected to give information on emergency contraception at each new and annual exam, regardless of the method the client is using. Consideration should be given to including a package of emergency contraception to take home.
- G. In an effort to reduce barriers to accessing emergency contraception, males should be able to purchase emergency contraceptive pills for their partners. Emergency contraceptive pills are available to consumers **17 years** and older without a prescription. Its non-prescriptive sale to those **17 years** and older is not limited to women.

The following is a sample of an Emergency Contraception Consent Form. This form can be downloaded from the Women's Health Unit website at: http://www.cdphe.state.co.us/pp/womens/FPNursingConsntsForms.html.

EMERGENCY CONTRACEPTION (EC) CONSENT / INFORMATION

WHAT IS IT? Emergency contraceptive pills (EC) are hormone pills (like birth control pills) that you take right after unprotected sex to try to reduce your chance of pregnancy.

THEY WORK BY:

- □ Keeping the ovary from releasing an egg;
- Making the mucus from the cervix thick so the sperm can't get into the uterus;
- ☐ They work best if they are taken within 120 hours after having sex without birth control.

HOW DO I TAKE IT? 1.) For Plan B or Next Choice, swallow both pills while you are in the clinic. For Plan B One Step, swallow the single pill while you are in the clinic. 2.) For all other options, swallow the first dose of EC as soon as you can. Swallow the second dose 12 hours after you took the first dose. 3.) Some kinds of EC can make you feel sick to your stomach. Ask your provider if she or he recommends you take an over-the-counter medicine for nausea, like Dramamine or Bonamine before the first dose of EC.

HOW WELL DOES IT WORK? EC does not work every single time. If you don't start your period within 3 weeks after taking EC, call the clinic. EC should just be used in an emergency. It is not good as a regular method of birth control. After you use EC, you should start using a reliable method of birth control right away.

CAN EVERYONE TAKE EC? You should not take EC if you already know for sure that you are pregnant. If you are pregnant but don't know it, or if the EC doesn't work and you are pregnant, it will not hurt you or the pregnancy to take EC.

WHAT WILL I FEEL LIKE WHEN I TAKE EC? You may not have any symptoms. Some women may have

one or more of the following:

□ Nausea or vomiting;
□ Tender breasts;
□ Irregular bleeding
□ Headaches;

Vous port period offer you take EC may be different than your periode you all you are all the part of th

Your next period after you take EC may be different than your periods usually are. It may be early or late, and it might be heavier or lighter.

Call the clinic or go to the nearest emergency room if you have:				
Very bad headaches				
Very bad abdominal pain				
Changes in your vision				
Trouble breathing or chest pain				
Very bad leg pain				
Heavy bleeding				
You have been given Takepill(s)	now; take pill(s) in 12 hours.			
If you have any questions, call the clinic at				
Patient signature	Date			
Witness signature	Date			
INTERPRETER'S STATEMENT I have translated the information and advice presented orally to the client who has chosen to use Emergency Contraception. I have also read this consent to her in a language she understands and explained the content to her. To the best of my knowledge and belief she understands this explanation and voluntarily consents to the use of Emergency Contraception.				
Interpreter's Signature	Date			
CDPHE-WH • REVIEWED 1	2/09			

The following is a sample of an Emergency Contraception Information Form. This form can be downloaded from the Women's Health Unit website at:

http://www.cdphe.state.co.us/pp/womens/FPNursingConsntsForms.html.

EMERGENCY CONTRACEPTION (EC) INFORMATION FOR NON-PRESCRIPTION USERS

WHAT IS IT? Emergency contraceptive pills (EC) are hormone pills (like birth control pills) that you take right after unprotected sex to try to reduce your chance of pregnancy.

THEY WORK BY:

- · Keeping the ovary from releasing an egg.
- Making the mucus from the cervix thick so the sperm can't get into the uterus.
- Changing the lining of the uterus so the fertilized egg can't attach and become a pregnancy.
- . They work best if they are taken within 120 hours after having sex without birth control.

HOW DO I TAKE IT?

have one or more of the following:

- 1.) For Plan B or Next Choice®, swallow both pills while you are in the clinic.
- 2.) For Plan B One Step® swallow the single dose pill while you are in the clinic.
- 3.) For all other options, swallow the first dose of EC as soon as you can. Swallow the second dose 12 hours after you took the first dose.
- 4.) Some kinds of EC can make you feel sick to your stomach. Ask your provider if she or he recommends you take an over-the-counter medicine for nausea, like Dramamine or Bonamine before the first dose of EC.

HOW WELL DOES IT WORK? EC does not work every single time. If you don't start your period within 3 weeks after taking EC, call the clinic. EC should just be used in an emergency. It is not good as a regular method of birth control. After you use EC, you should start using a reliable method of birth control right

CAN EVERYONE TAKE EC? You should not take EC if you already know for sure that you are pregnant. If you are pregnant but don't know it, or if the EC doesn't work and you are pregnant, it will not hurt you or the pregnancy to take EC.

WHAT WILL I FEEL LIKE WHEN I TAKE EC? You may not have any symptoms. Some women may

☐ Nausea or vomiting

Tender breasts

_	1 Ollidol Biodolo		_ 111090101 01000111	9
	Headaches			
Your next period after you ta	ake FC may be dif	ferent than you	periods usually are	It may be early or late

Dizziness or tiredness

Irregular bleeding

Your next period after you take EC may be different than your periods usually are. It may be early or late, and it might be heavier or lighter.			
Call the clinic or go to the nearest emergency room if you have:			
Very bad headaches			
Very bad abdominal pain			
Changes in your vision			
Trouble breathing or chest pain			
Very bad leg pain			
Heavy bleeding			
You have been given Take pill(s) now; take pill(s) in 12 hours.			
f you have any questions, call the clinic at			
CDPHE/WH · Revised 12/09			

The following is a sample of an Emergency Contraception Progress Note. This form can be downloaded from the Women's Health Unit website at: http://www.cdphe.state.co.us/pp/womens/FPNursingConsntsForms.html.

EMERGENCY CONTRACEPTION PROGRESS NOTE

Patient Name		Date			
Date of Birth					
SUBJECTIVE: (CLIENT PLEASE ANSW	ER THE FOLLOWING Q	UESTIONS COMPLETELY)			
The first day of my last normal menstrual period was					
Date of my last intercourse Time:					
OBJECTIVE: (CLINICIAN TO COMPLET					
Blood Pressure: Pregna	incy Test: Positive	Negative N/A			
ASSESSMENT:					
Based on the information above, there contraception.	ARE ARE NOT contra	aindications to starting emergency			
PLAN:					
PILL BRAND NAME	INITIAL DOSE	DOSE-12 HOURS AFTER INITIAL			
Lo/Ovral	4 white pills	4 white pills			
Levien	4 light-orange pills	4 light-orange pills			
Nordette	4 light-orange pills	4 light-orange pills			
Triphasil	4 yellow pills	4 yellow pills			
Alesse	5 pink pills	5 pink pills			
Plan B	2 pills	No second dose needed			
Next Choice⊚	2 pills	No second dose needed			
One Step⊚	1 pill	No second dose needed			
Emergency Contraception Instructions FDA package insert					
Emergency contact information Dispensed condoms					
		onsent signed (if <17 years old)			
		ther			
Discussed Contraceptive plan: Dispensed method:					
Clinician Signature Date					

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